

Mrs Pollard is a Higher Level Teaching Assistant at Bowes Hutchinson's CE VA School and has worked at the school for thirteen years. She is a qualified counsellor (level 2 and 3 in counselling skills CPCAB awarded).

"My passion in school is promoting positive mental health. I run many intervention groups to promote early intervention mental health support, in a supportive and non-judgmental way."

Work includes Socially Speaking groups, Therapeutic Story Writing groups, Relax Kids and Ginger Bear Groups all which promote positive Mental Health for children throughout school. Mrs Pollard also manages the children's Playground Buddies Scheme.

"As well as small group work, I am available to work with children on a one to one basis for children that need the extra support."

Building resilience and promoting self-esteem is embedded throughout the curriculum and we constantly promote positive Mental Health initiatives. If you require further information or support, please contact the school.

Here are some comments from the children who have benefitted from Socially Speaking intervention -

"I think Socially Speaking has helped me know how I feel about myself, happy. I think it has given me confidence."

"I really enjoy working in small groups."

"I like getting compliments from my friends."

And from Therapeutic Story writing -

"I don't want the group to end, I want to keep coming."

"It's really exciting." "It makes me feel happy." "I feel relaxed."

The school is undertaking a new venture and taking part in the Durham Resilience project. Training will begin in September 2018.